
Post-Op Protocol for Gregory V. Gomez, MD
**Large Rotator Cuff Repairs (with or without augmentation) and Superior
Capsular Reconstruction**

Week 0-6

- Maintain sling use
- POD 1: pendulum hangs, hand squeezes, elbow AROM
- Week 2: Add passive ER to 30 degrees, scapular retractions
- No lifting until 4 weeks post op
- Week 4-6 weeks post op: no lifting > weight of coffee cup

Week 6-8

- Wean out of sling (maintain sling use for one more week in public)
- Phase I in PT
- May begin to use arm for ADLs
- No lifting > weight of coffee cup

Week 8-10

- Add Phase II stretching, scapular strengthening
- Add biceps and triceps strengthening
- May use arm for ADLs
- No lifting > 5lbs

Week 10-12

- Add Phase I strengthening
- No lifting > 10 lbs

Week 16

- Continue strengthening as tolerated
- Total arm strengthening
- No lifting > 15 lbs

Week 20-24

- Return to play
- Work hardening program